

NOVEMBER/DECEMBER 2024

23PEMB13B — HEALTH HYGIENE

Time : Three hours

Maximum : 75 marks

SECTION A — (10 × 2 = 20 marks)

Answer ALL questions.

1. Define hygiene.
2. What is a health habit?
3. Define adulteration.
4. What is preventive measures?
5. What is stress relief?
6. Define colon hygiene.
7. Mention any two mental hygiene practice.
8. Define adolescence.
9. Define RCH.
10. Expand AIDS.



SECTION B — (5 × 5 = 25 marks)

Answer ALL questions.

11. (a) Briefly explain in factors affecting health.
Or
(b) Describe about the health habits and practice.
12. (a) Write a short notes on balanced diet.
Or
(b) Give a short account on health laws for food safety.
13. (a) Write short notes on personal hygiene.
Or
(b) Describe about the physical exercise and their importance.
14. (a) Write short notes on mental hygiene in infancy.
Or
(b) Briefly explain in mental hygiene.
15. (a) Describe about the health programme and health education in tuberculosis.
Or
(b) Write short notes on AIDS control programme.



SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Explain in detail about scientific principles related to health.
17. Discuss in detail about Environmental hygiene.
18. Explain in detail about health destroying habits and addiction.
19. Give an account on mental health occupational hazards.
20. Discuss in detail about RCH.
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